COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

Resilience Training

Lesson 1

Global Assessment Tool (GAT)

http://csf.army.mil

GAT Results

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SOLDIER FITNESS TRACKER
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Help Logout

My Comprehensive Soldier Fitness Scores

Emotional

Social

Family

Spiritual

Comprehensive Resilience Modules

Continue to the CSF Training Modules

Results | Feedback | Score Comparison

We have recently changed how we present your results, and we did so because we want to make your results more meaningful to you. If you want to learn more about how we determined your score, place your cursor here.

Here are the results of the assessment you have completed, which assesses your fitness in different areas of life by comparing your scores to those of other Soldiers of your rank and experience. Results are shown with codes: one check, two checks, or three checks.

■ - A green bar means that you are fit and doing well in this area. Though you can always improve in this area, your scores indicate that you need less focus here.

■ - An amber bar means that you are facing some challenges in this area. A moderate amount of effort in this area will likely result

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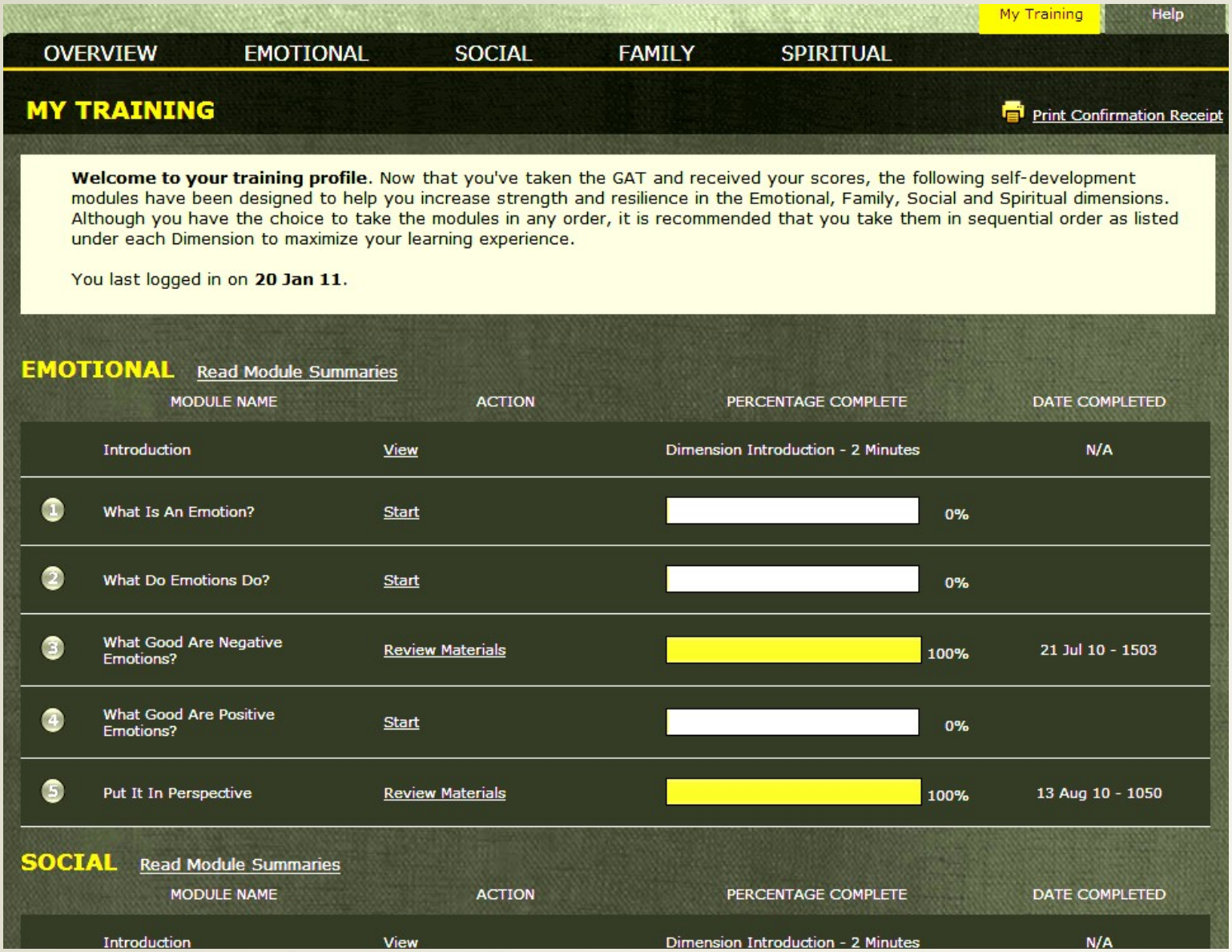
Online Modules



Resilience

What Will You Get Out Of This Training?

- This training will provide you skills that can enhance your personal resilience and also increase your effectiveness as a parent*
- You can teach these skills to your kids
  - Penn Resilience Program

What is Resilience?

- In your small groups, right down three words that capture what resilience means.

See **Understanding Resilience** in the Student Guide, p.8

What is Resilience?

- Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity.

- It is built through a set of core competencies that enable mental toughness, optimal performance, strong leadership, and goal achievement.

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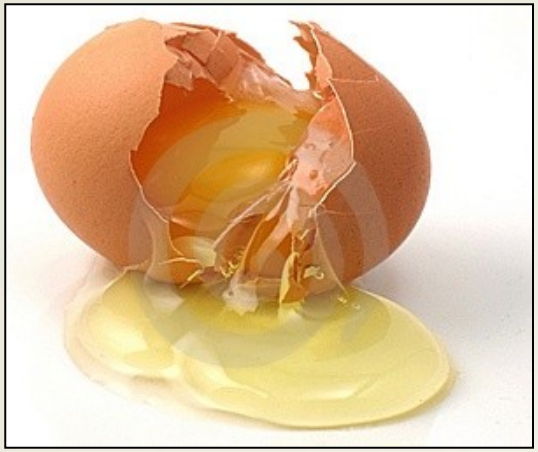
You

Not You



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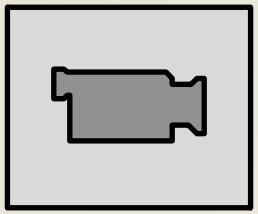
Team Hoyt



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Issues Raised by Example

- What is the role of emotion regulation in resilience?
- What are the roles of self-reliance and strong relationships (teamwork) in resilience?
- How can this relate to your personal life?

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Resilience Myths and Facts

Resilience Myth	Resilience Fact
Never show emotion	Regulate emotion
About the individual	About individuals *and* relationships
Must handle everything on your own	Asking for help is a resilient strategy
Always act fast	Know when to slow down
Accomplish superhuman feats	Bounce back
Always fully composed	Not always pretty
Have it or you don't	Everyone can develop it
It's a destination	It's a process

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Resilience Competencies

- **Self-awareness**
- **Self-regulation**
- **Optimism**
- **Mental Agility**
- **Strengths of Character**
- **Connection**

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Self-Awareness

- Identify thoughts, emotions, and behaviors
- Identify patterns in thinking and behavior, <u>particularly counterproductive patterns</u>
- Be open and curious

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Self-Regulation

- Regulate impulses, emotions, and behaviors to achieve goals

- Express emotions appropriately

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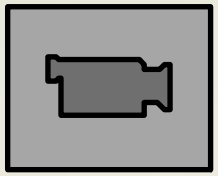
Optimism

- Remain realistic
- Hunt for what is good
- Identify what is controllable
- Maintain hope
- Have confidence in self and team



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Mental Agility

- Think flexibly and accurately
- Take other perspectives
- Identify and understand problems
- Be willing to try new strategies

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Strengths of Character

- Knowledge of top strengths and how to use them to overcome challenges and meet goals
- Faith in one's strengths, talents, and abilities

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Connection

- Strong relationships
- Positive and effective communication
- Empathy
- Willingness to ask for help
- Supporting others

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Resiliency skills make you stronger, not softer.

- They increase your ability to cope with stress.
- They increase your ability to overcome setbacks.
- They increase your ability to solve problems.
- They increase your ability to remain task focused.
- They increase your ability to perform under pressure.
- They increase your confidence.
- They decrease helplessness, depression

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Two Take-Aways

- **Bounce, not break**: Resilient people bounce, not break, when faced with an adversity or challenge.

- **Can be developed**: Everyone can enhance his or her resilience by developing these competencies.

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The Negativity Bias

- The tendency to pay more attention to bad events than positive events
- You can counteract the negativity bias by optimistic thinking – “Hunting The Good Stuff”
- Hunt the Good Stuff builds resilience competencies; Optimism is a primary target.

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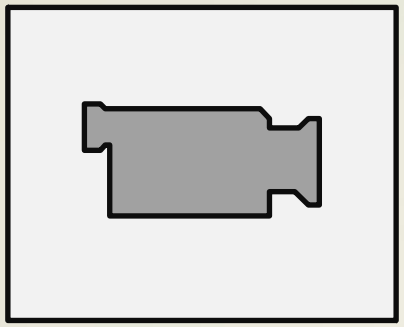
Hunt the Good Stuff



Hunt the Good Stuff

Based on work by Martin Seligman and colleagues

- Builds positive emotion, optimism, gratitude
- Leads to:
  - Better health, better sleep, feeling calm
  - Lower depression and greater life satisfaction
  - More optimal performance
  - Better relationships
- Counteracts the negativity bias

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Hunt the Good Stuff Journal

- Record three good things each day. Next to each positive event that you list, write a reflection (at least one sentence) about:
  - Why this good thing happened
  - What this good thing means to you
  - What you can do tomorrow to enable more of this good thing
  - What ways you or others contribute to this good thing

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Hunt the Good Stuff: Check on Learning

What is the skill? Hunt the Good Stuff is used to notice positive experiences.

When do I use it? Hunt the Good Stuff on a regular basis in order to counteract the negativity bias.

How do I use It? Write down three positive experiences from each day.

How will this be useful to you as a Spouse?

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Seven Resilience Skills

COMPREHENSIVE SOLDIER FITNESS Seven Skills

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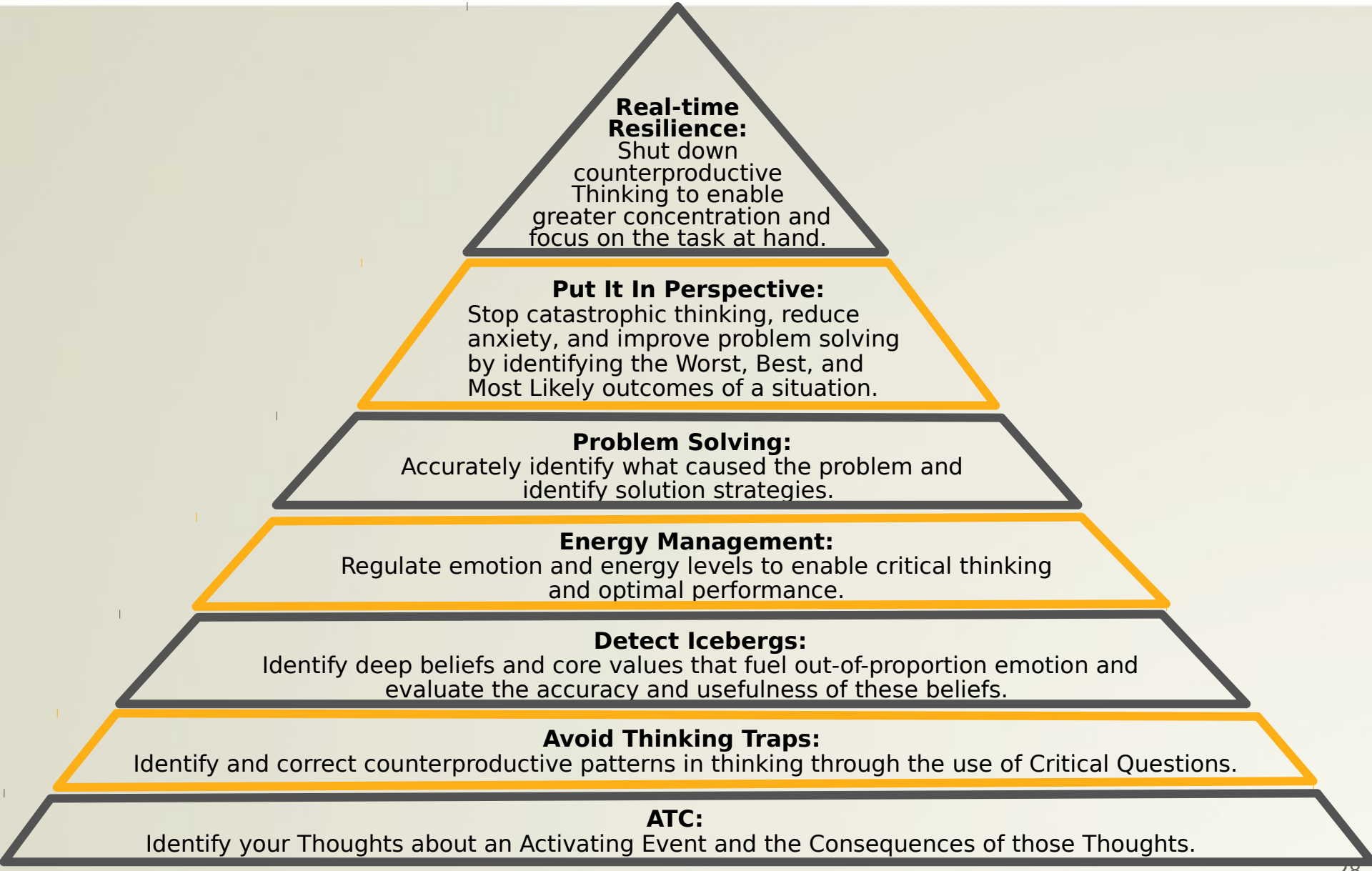
Real-time Resilience:
Shut down counterproductive Thinking to enable greater concentration and focus on the task at hand.
Put It In Perspective:
Stop catastrophic thinking, reduce anxiety, and improve problem solving by identifying the Worst, Best, and Most Likely outcomes of a situation.
Problem Solving:
Accurately identify what caused the problem and identify solution strategies.
Energy Management:
Regulate emotion and energy levels to enable critical thinking and optimal performance.
Detect Icebergs:
Identify deep beliefs and core values that fuel out-of-proportion emotion and evaluate the accuracy and usefulness of these beliefs.
Avoid Thinking Traps:
Identify and correct counterproductive patterns in thinking through the use of Critical Questions.
ATC:
Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.

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ATC:
Identify your Thoughts about an Activating Event and the Consequences of those Thoughts.

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ATC: B.L.U.F.

- ATC helps to build Self-awareness.
- Identify your Thoughts about an Activating Event and how these thoughts drive Consequences (Emotions and Reactions).

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ATC Model

Activating Event
The trigger: a challenge, adversity, or positive event

Thoughts
Your interpretations of the Activating Event; what you say to yourself

Consequences: ER
E: Emotions
R: Reactions

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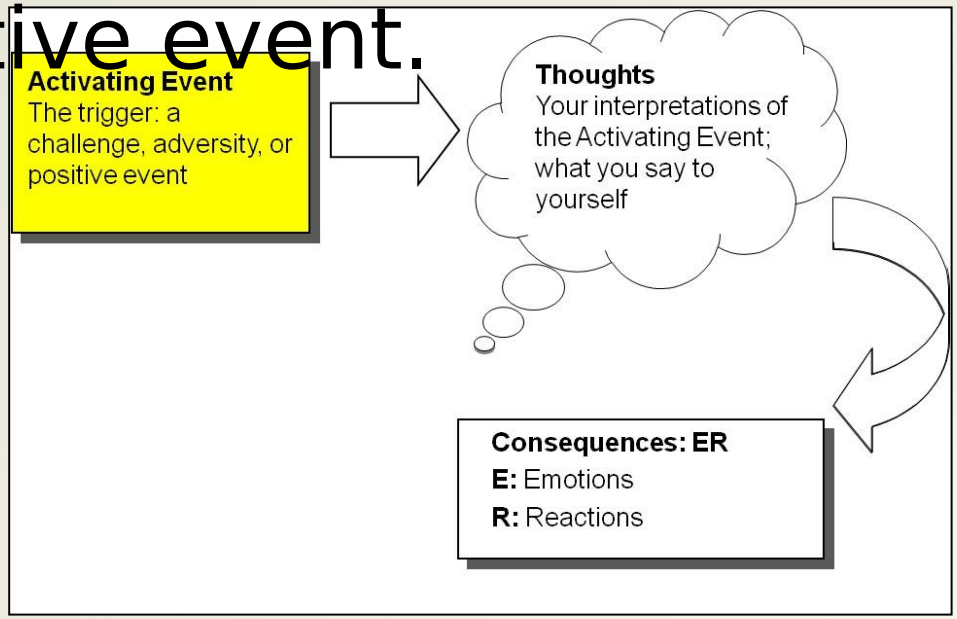
Activating Event

- An Activating Event (AE) is the who, what, when, where.
- An Activating Event is the trigger. The situation can be a challenge, adversity, or positive event.
- Examples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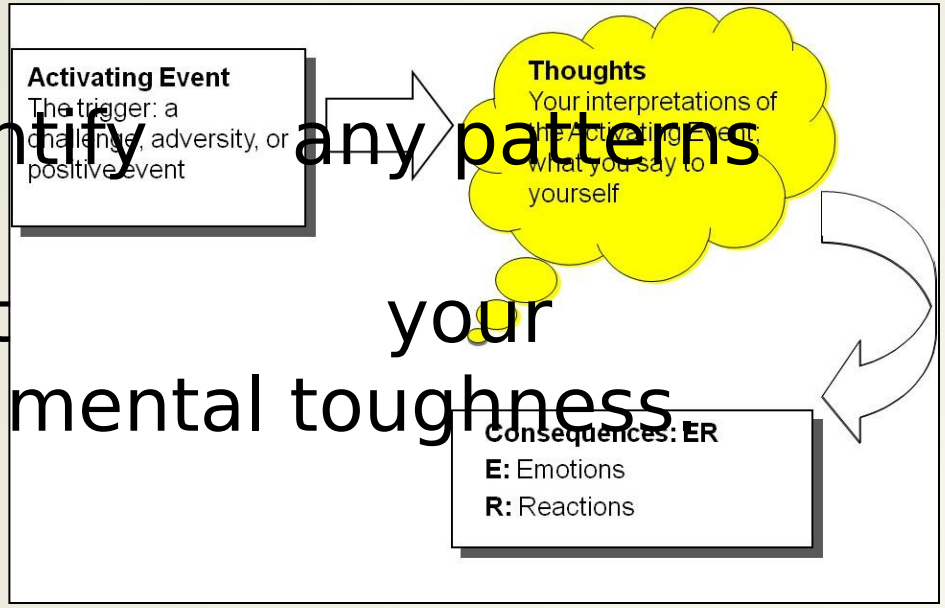
Thoughts

- Thoughts are what you say to yourself in the heat of the moment, or your internal radio station.
- Thoughts drive immediate reactions.
- Thoughts can be productive or counterproductive.
- **Detect patterns:** Identify any patterns in your thoughts that undercut your performance and mental toughness.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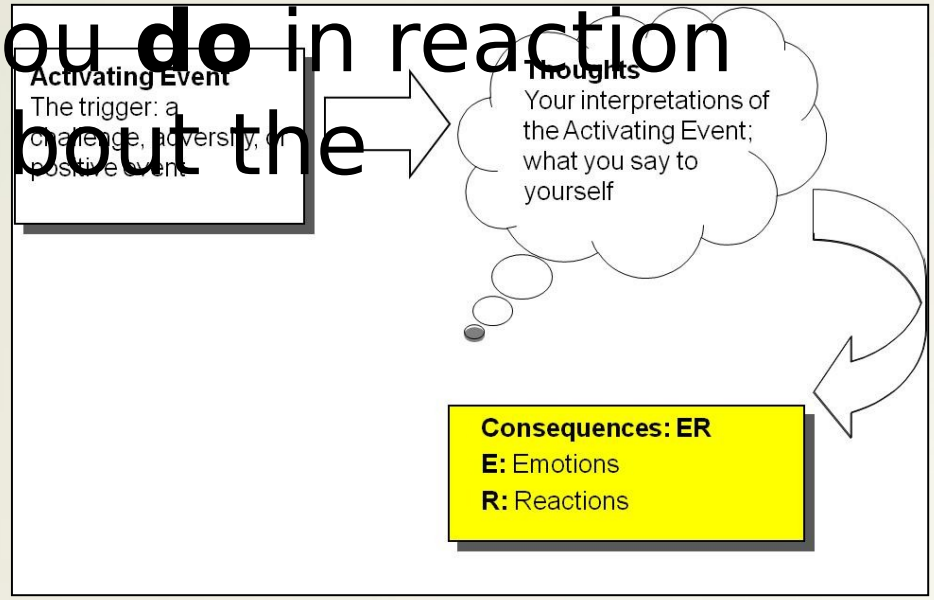
Consequences: ER

- **E**motions: What you **feel** in response to your thoughts about the Activating Event.

- **R**eactions: What you **do** in reaction to your thoughts about the Activating Event.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Activating Event
Guy talked to girl on the phone, and she stopped responding.

Thoughts

Consequences: ER
E: Embarrassment,
R: anxiety
R: Saying dumb things.

ATC Example – Thoughts Drive Consequences

Activating Event: Your credit card is declined at check-out.

Thoughts:

E:

R:

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Possible Thought-Consequence Connections

Thoughts	Emotions/Reactions
Loss (I have lost something.)	**Sadness/Withdrawal**
Danger (Something bad is going to happen and I can't handle it.)	**Anxiety/Agitation**
Trespass (I have been harmed.)	**Anger/Aggression**
Inflicting harm (I have caused harm.)	**Guilt/Apologizing**
Negative comparison (I don't measure up.)	**Embarrassment/Hiding**
Positive contribution (I contributed in a positive way.)	**Pride/Sharing, planning future achievements**
Appreciating what you have received (I have received a gift that I value.)	**Gratitude/Giving back, paying forward**
Positive future (Things can change for the better.)	**Hope/Energizing, taking action**

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ATC Key Principles

- **Separate A, T, C:** Separate the A from the T from the C.
  - A: Just the facts–who, what, when, where
  - T: Your interpretation, what you say to yourself in the heat of the moment
  - C: Your Consequences (ER)
- **Detect patterns:** Identify any patterns in your
  Ts that undercut your performance and mental toughness.
- **Self-awareness:** ATC builds all of the resilience competencies; Self-awareness is a primary target.

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AE (who, what, when, where):

Thoughts: What you said to yourself in the heat of the moment	**Consequences:** ER: Emotions, Reactions

Ask yourself: Is my reaction helping or harming?

ATC Debrief

- What did you learn?
- What patterns, if any, did you notice in your Thoughts and/or Consequences?
- In what ways was your reaction helping or harming you?

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ATC: Check on Learning

What is the skill?

ATC is a method to identify your Thoughts about an Activating Event and the Consequences of those Thoughts. Our Thoughts are under our control.

When do I use it?

Use ATC anytime you don't like your reaction or when you want to know what caused your reaction.

How do I use it?

Describe the Activating Event objectively, identify your Thoughts, and identify your Consequences (ER: Emotions, Reactions).

How can you use ATC to enhance your performance, build stronger relationships?

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